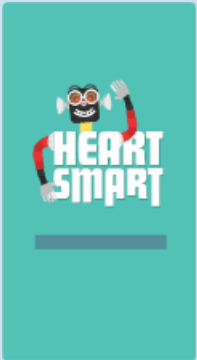
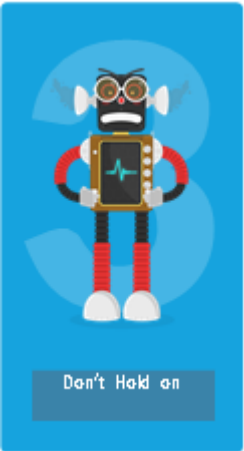


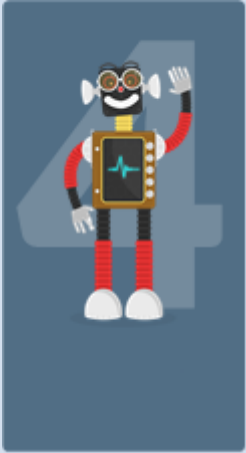
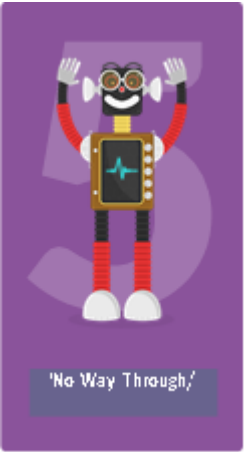
St Mark's C. E Junior School

Progressive knowledge and Core Themes for PSHE

	Year 3	Year 4	Year 5	Year 6
	<ul style="list-style-type: none"> • I can suggest a way that I can show love to myself. • I can suggest a way that I can show love to others. • I can list ways to be kind to one another. • I can describe some ways that others are 'meant to be treated'. • I can recall a memory and associate a feeling with it. • I am beginning to understand that my heart needs protecting. • I can list some things that my heart needs protecting from. • I can list some people that I am grateful for in my life and give some reasons for why I am grateful for them. • I can identify some benefits of a healthy lifestyle. • I can identify some risks of an unhealthy lifestyle. • I can suggest some ways that I can care for my heart. • I can suggest some ways that I can care for other people's hearts. 	<ul style="list-style-type: none"> • I can suggest several ways that I can show love to myself. • I can suggest several ways that I can show love to others. • I am beginning to think about the consequences of the words we use. • I can describe some consequences of using kind and unkind words. • I can suggest some characteristics that I would like to see in my classroom. • I can suggest some ways I can cultivate some of those characteristics. • I can name someone that I trust and I can give one reason for why I trust them. • I can list some characteristics of a healthy family life. • I can explain what "mental wellbeing" means. • I can list something that positively affects my mental wellbeing. • I can list something that negatively affects my mental wellbeing. • I can suggest some ways that I can care for my heart. • I can suggest some ways that I can care for other people's hearts 	<ul style="list-style-type: none"> • I can suggest some ways that I can care for my heart • I can suggest some ways that I can care for other people's hearts. • I understand that being bossy is about trying to control others. • I can describe some qualities of a good leader. • I can describe some qualities of the heart reputation I would like to have. • I can suggest some ways to know what I should and shouldn't watch. • I can list some things I should avoid watching. • I can explain how another person has supported or encouraged me and how that made me feel. • I can write a thank you letter and express gratitude to someone. • I can suggest some ways to help myself sleep well. • I can list some benefits of sleeping well. • I can explain some ways that I can protect my own and other's hearts. 	<ul style="list-style-type: none"> • I can reflect on the choices I make that can help my heart. • I can reflect on the choices I make that can hurt my heart. • I can explain how I feel differently when moving or posing in different ways. • I can create a powerful pose of my own. • I can suggest ways people can become 'hard-hearted'. • I can suggest ways to keep my heart soft and strong. • I can explain the benefits of a soft-strong heart over a hard heart. • I can explain when a secret should be kept and when it should be shared. • I can describe what a commitment is. • I can plan a healthy meal. • I can reflect on how I protect my own and other's hearts.

 <p>Don't Forget</p>	<p>I can recall some ways that people have shown love to me through kind words or actions.</p> <ul style="list-style-type: none"> • I am starting to describe myself in a positive way. • I can think of words to encourage others. • I can accept encouragement from others. • I can sort words into what love is and what love isn't. • I can list some things that I am grateful for. • I can explain why I am grateful for them. • I am beginning to understand that some choices I make will affect my physical health. • I can recall examples of kind words or actions from the week. • I can share some amazing things about myself. 	<ul style="list-style-type: none"> • I can recall different ways someone has shown me love through kind words or actions. • I can describe myself in a positive way. • I can identify some ways that I most feel love. • I can give an example of a time when I have been loved. • I can identify some of my strengths and achievements. • I can record and list some unique facts and figures about me. • I can highlight five things about my body that I am grateful for. • I can explain I am grateful. • I understand that love sometimes looks like stopping the spread of bacteria. • I can suggest some ways that bacteria spreads. • I can recall examples of kind words or actions from the week. • I can share several amazing things about myself. 	<ul style="list-style-type: none"> • I reflect on ways that people show me love through kind words or actions. • I am starting to describe myself in a positive way consistently. • I understand that I have value and purpose. • I am aware of how the words I listen to about myself can make me feel. • I can identify some lies that I believe/listen to. • I can suggest opposing truths to those lies. • I can describe how listening to and believing lies makes me feel. • I can describe how listening to and believing truth makes me feel. • I am beginning to understand and demonstrate different ways I can respond to pressured scenarios. • I can recall a significant event and person in my life. • I can someone to go to when I need help. • I can recall a way I have 'Let Love in' this week. 	<ul style="list-style-type: none"> • I reflect on ways that people show me love through kind words or actions. • I describe myself in a positive way consistently. • I understand that I am valued. • I can encourage others with kind and positive words. • I can accept the encouragement given to me. • I can recall significant events and people in their lives so far. • I can recognise that every person is unique. • I can list things that I am are grateful for. • I can suggest some early signs of illness. • I can recall a way that I have 'Let Love in' this week. • I can describe myself in a positive way.
 <p>Too Much Selfie</p>	<ul style="list-style-type: none"> • I can suggest ways to show love for others. • I can suggest ways to demonstrate loving others. • I can suggest something that I can do for another person. • I can describe how the person I helped felt. • I can describe how helping someone else made me feel. • I can explain how to respond in an emergency. • I can recognise and celebrate the impact kindness has on another person. • I can work together with others to complete a task. • I am learning how to listen well to one another and respect each other's views. • I can list some information that identifies me eg name, address. • I know why it is important to keep personal information private. • I can suggest ways I have shown love 	<ul style="list-style-type: none"> • I can suggest ways to show love for others. • I can demonstrate ways to love others. • I am becoming more aware of my surroundings and the people around me by noticing differences. • I can make the link about being observant and being aware of those around us. • I can suggest how a person is feeling from their expression and body language. • I can suggest who the unseen heroes of my community are. • I can honour those heroes by writing a thank you note. • I can suggest times when I need help from others. • I can demonstrate good teamwork skills (clear communication, listening and negotiating). • I can suggest ways to use my technology devices responsibly. • I can suggest ways that I have shown love for others. • I can describe how caring for others makes 	<ul style="list-style-type: none"> • I understand there are many different ways I can show love for others. • I can demonstrate ways to love others. • I can think of someone to go to if I feel lonely. • I can suggest things to do to avoid feeling lonely. • I can list some skills needed to listen to others well. • I can suggest ways I can demonstrate honour. • I am starting to understand the purpose and role of groups eg charities, raising awareness. • I know what I should and shouldn't share online. • I can suggest ways that I have shown love for others. • I can describe how caring for others makes people feel. 	<ul style="list-style-type: none"> • I can reflect on the different ways to show love for others. • I consistently demonstrate ways to love others. • I know there are ways we are different and ways we are the same. • I understand that while there are some differences between us, there are more similarities. • I can listen carefully to my classmate and feedback what they have said. • I can suggest people who have benefitted from overcoming a challenge. • I can explain why I am grateful for those people. • I can suggest ways to be a good friend. • I can list 3 benefits of social media. • I can list 3 dangers of social media. • I can describe ways that I have shown love for others. • I can describe how caring for others makes people feel.

	<p>for others.</p> <ul style="list-style-type: none"> • I can describe how caring for others makes me feel. • I can suggest ways I have shown love for others. • I can describe how caring for others makes me feel. 	<p>people feel</p>		
	<ul style="list-style-type: none"> • I am beginning to understand what 'forgiveness' means. • I can describe how saying sorry can help a situation. • I can describe the effects of choosing to forgive or not. • I can describe a way that holding on to hurt can make us sad. • I can list a ways to build trust between friends. • I can think of someone that I trust. • I can give an example of a stereotype. • I can suggest a couple of things I can do if I feel sad or mad. 	<ul style="list-style-type: none"> • I can suggest a way to fix a broken friendship. • I can describe some benefits of forgiveness. • I can sort scenarios into positive and negative stress. • I can suggest ways to manage negative stress. • I can suggest some healthy boundaries I can use both in life and online. • I can recognise online abuse and know who to report it to. • I can suggest positive uses of the internet. • I can list several things I can do if I feel sad, or mad. 	<ul style="list-style-type: none"> • I can describe forgiveness. • I can explain why forgiveness keeps my heart healthy. • I can describe some practical steps I could take to resolve conflict. • I can describe how different emotions feel. • I can explain why emotions are important. • I can describe some healthy ways to respond to my mistakes. • I can recognise bullying behaviours. • I can suggest ways to deal with bullying. • I can list different types of negative emotion. • I can identify when I am experiencing negative emotion. • I can suggest ways that will help me when I am experiencing negative emotion. 	<ul style="list-style-type: none"> • I can demonstrate choosing forgiveness. • I can demonstrate choosing strategies to help resolve conflicts and disputes. • I can explain my point of view. • I can listen and take account of a response from another person. • I can model resolving a dispute. • I can explain some benefits of forgiveness. • I can suggest some barriers to forgiveness. • I understand that our tone and body language communicates more than our words. • I can give examples of how a trustworthy friend behaves. • I can explain when it is ok to break a confidence. • I can list some effects bullying can have. • I can explain how to get help if I or someone I know are being bullied. • I can identify when I am experiencing negative emotion. • I can suggest ways that will help me then I am experiencing negative emotion.

	<ul style="list-style-type: none"> • I can suggest a couple of amazing facts about myself. • I can explain why we don't need to lie about ourselves. • I am beginning to know the real me is the best me. • I can give a simple explanation of what shame is. • I can suggest appropriate and inappropriate types of touch. • I can suggest safe people to talk to if I am concerned. • I can explain why telling the truth is important to build a friendship. • I can explain what an allergy is. • I can list what I have learned about why 'Fake is a Mistake'. 	<ul style="list-style-type: none"> • I can explain why we don't need to lie about ourselves. • I can list 3 great things about myself. • I can explain that I am not what I 'do'. • I can identify some important voices in my life. • I can recognise the difference between kind and unkind voices in my life. • I am growing in courage to always tell the truth. • I can give examples of when I have been afraid to tell the truth. • I can explain when dares are no longer fun. • I can explain the consequences of dares. • I can list some of the risks associated with smoking. • I can list what I have learned about why 'Fake is a Mistake'. 	<ul style="list-style-type: none"> • I can explain why we don't need to lie about ourselves. • I can list 5 great things about myself. • I can discuss how unrealistic images can make me feel. • I can explain some things I can do when I feel like I need to hide how I really feel. • I can give a simple description of what vulnerability is. • I can identify qualities that build trust for vulnerability. • I can explain why growing feedback is important. • I can identify the difference between 'No Entry' and 'Welcome' responses to feedback. • I can list some risks associated with alcohol use in young people. • I can give some advice against drinking alcohol. • I can list what I have learned about why 'Fake is a Mistake' 	<ul style="list-style-type: none"> • I can present different opinions respectfully. • I can explain how to communicate the truth lovingly. • I understand we are loved just as we are. • I understand how to replace negative self-talk with positive self-talk. • I can define what a boundary is. • I can explain how using boundaries means we can have respectful friendships. • I can find out facts about vaccinations from credible sources. • I can suggest ways to discern if information online is credible. • I can know some physical and mental health risks associated with taking drugs. • I can suggest some ways to avoid drug taking. • I can list what I have learned about why 'Fake is a Mistake'?
	<ul style="list-style-type: none"> • I can identify when I feel stuck. • I can choose to persevere when I feel stuck or in completing a challenge. • I can identify an area of my life where I am doing well. • I can describe what a setback is. • I can give an example of a setback. • I can demonstrate basic first aid skills. • I can identify a dream I have. • I can list some attitudes I need to develop to achieve my dreams. • I can describe what 'change' is and give some examples in my life. • I can suggest something I can do that helps me to manage change. • I can recall a time when I felt stuck but found a way through! 	<ul style="list-style-type: none"> • I can describe a situation where I felt stuck. • I can suggest some ways I can persevere when I feel stuck. • I can list some skills and attitudes needed to meet the challenges. • I can identify habits I need to develop or lose in order to achieve my goals. • I can think of someone who encourages me. • I can think of someone I can encourage. • I can choose pictures of things that inspire me. • I can create 'A Dream of my Heart is...' statement. • I can define what puberty is. • I can describe key physical changes that take place as puberty begins. • I can recall a time when I felt stuck but found a way through! 	<ul style="list-style-type: none"> • I can describe situations where I feel stuck. • I can suggest ways to persevere when I feel stuck. • I can say when I find a situation difficult or challenging. • I can give some examples of internal success. • I can give an example of something I would like to grow in internally to meet a goal I have. • I can name some tools that help me to live with hope. • I can explain key facts about the menstrual cycle. • I can describe ways to look after my health and wellbeing as I grow up. • I can recall a time when I felt stuck but found a way through. • I can use strategies that demonstrate 'No Way Through' isn't True! 	<ul style="list-style-type: none"> • I can describe situations where I get stuck. • I can suggest ways to persevere when I feel stuck. • I can describe the impact of changing my thinking from 'I can't do it' to 'I can't do it yet'. • I can explain the importance of practice. • I can answer the question "How am I feeling?" • I can answer the question "Why am I feeling that way?" • I can suggest ideas of needs for "What do I need?" • I can explain the effects of having hope. • I demonstrate choosing hope. • I can describe some things that may try to keep me in my comfort zone. • I can suggest what could happen when I step outside my comfort zone, into 'Where the magic happens!' • I can apply this learning to a real-life scenario. • I can describe the changes in my brain as I

				<p>go through adolescence.</p> <ul style="list-style-type: none">•I can recall a time when I felt stuck but found a way through.•I can identify strategies used to demonstrate 'No Way Through' isn't True!
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